HEART-HEALTHY ATHLETES

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HEART HEALTH MONTH!
WHAT FOODS ARE BAD FOR YOUR HEART?
WHAT FOODS ARE GOOD FOR YOUR HEART?
FIT 5 FOODS:

- Whole Grains
- Protein
- Fruit
- Vegetables
- Dairy
YOUR HEART IS A MUSCLE WORKING HARD TO PUMP BLOOD EVERYDAY

JUST LIKE OTHER MUSCLES YOUR HEART NEEDS EXERCISE TO STAY STRONG & STAY HEALTHY
LET’S GET MOVING!
NAME THE FIT 5 EXERCISES

ENDURANCE

STRENGTH

FLEXIBILITY

BALANCE
BREAKOUT ROOMS SCAVENGER HUNT